

BED & BREAKFAST NORMANDY

CREATIVITY WORKSHOPS IN NORMANDY



If you dream of being creative and arty and if you wish to follow your intuition instead of your reason ? You would love to express your spontaneity in drawing, painting and/or writing, but you don't have the user manual ? In everyday's life, we most often follow our reason and we don't allow ourselves much freedom.

A creativity workshop in the lovely countryside of Normandy will help you to find new energy by expressing yourself without pressure !

Bertrand Ségur, etcher (*Beaux Arts de Paris*), painter and writer, and Christine den Boer, fully qualified coach organize tailored workshops, "Les Ateliers décomplexés".

A special B&B. They live in a 300 years old house. They have 2 two persons' rooms (2 twin beds in one room and 1 double bed in the other). If you want to come with more than 4 people, other rooms will be rented in the village. (Courtonne has other B&B's).



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PACKAGE 2 DAYS / 1 NIGHT



DAY 1 :

Arrival in the morning

Simple lunch at the B&B

Workshop, Part 1

- Who are you ? Which artists give you a thrill ?
- A vision of Art
- Recognizing your values
- Creativity workshop 1

Dinner at the B&B

Day 2 :

Breakfast & Walk in the countryside

Workshop, Part 1, with lunch break

- Creativity workshop 2
- Conclusion

End et departures

Price per person for a creativity workshop in Normandy (min. 4 people)

According description with 1 night in a double/twin room in B&B Normandy, 2 simple lunches, 1 dinner. 200 euros pp for a group of 4 people staying at B&B Normandy. Extra night for 2 : 60 euros.

If staying elsewhere, other rates. 8 p max. Longer programmes upon request.



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<https://bedbreakfastnormandy.org/> & <http://cdbcoaching.e-monsite.com/>